

EMPLOYEE TRAINING RECORD		
TRAINING TITLE      Fall Protection		
<p style="text-align: center;"><b>KEY TEACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Falls are one of the leading causes of fatalities. Today's topic covers fall protection.</li> <li>Fall protection is required on unprotected sides and edges of walking or working surfaces which are 6 feet or more above a lower level. The safety standard sets forth three means of protection. The first method is a guardrail system. The second is a safety net system. The third is a personal fall arrest system. All three methods have been used for many years.</li> <li>How many guard rails have you seen on a jobsite? They protect open sided floors, floor holes, elevator shafts, and landings for personnel hoists, etc. To say the least, they are everywhere. Guard rails must have a mid rail at 21 inches and a top rail at 42 inches. Both rails must withstand a 200 pound force.</li> <li>Think about safety nets. Many bridge contractors use them. OSHA requires that a safety net be no more than 30 feet below the working surface. Safety nets may be found on high rise construction, bridge construction and repair, shafts and openings, steel and concrete construction, boiler erection, and roof replacement and repair.</li> <li>Personal fall arrest systems consist of full body harnesses, lanyards, anchors, connectors, deceleration devices, lifelines, or suitable combinations of these. The City requires the use of full body harnesses. To obtain personal fall arrest systems contact your supervisor.</li> <li>Think now about what jobs you do that may require fall protection. Fall protection is designed for your benefit. Wear it. It's something we can all learn to LIVE with!!!</li> </ul> <p>REMINDER: Use fall protection when working 6 feet or more off the ground.</p>		
TEST		
QUESTION	ANSWERS	
	TRUE	FALSE
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2 To obtain personal fall arrest systems contact your supervisor.		
3 Personal fall arrest systems consist of full body harnesses, lanyards, anchors, connectors, deceleration devices, lifelines, or suitable combinations of these.		
4 Falls are one of the leading causes of fatalities.		
5 Fall protection is required on unprotected sides and edges of walking or working surfaces which are 6 feet or more above a lower level.		
EMPLOYEE'S NAME	EMPLOYEE'S SIGNATURE	DATE
INSTRUCTOR'S NAME	INSTRUCTOR'S SIGNATURE	DATE